

# CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

## MONDAY, SEPTEMBER 11

<b>GRILL</b>	PIZZA BURGER WITH CHIPS @ \$2.95 ..... WITH FRIES	\$3.95
<b>LOWFAT</b>	CHICKEN WRAP	\$2.95
<b>FEATURE</b>	ROTINI HOTDISH WITH VEG. AND ROLL	\$4.90
<b>FEATURE</b>	NEW ENGLAND BOILED HAM WITH POTATO, CABBAGE, CARROTS & ROLL	\$5.51

## TUESDAY, SEPTEMBER 12

<b>GRILL</b>	RUEBEN SANDWICH WITH CHIPS @ \$3.50 ..... WITH FRIES	\$4.50
<b>LOWFAT</b>	STUFFED TOMATO SURPRISE	\$2.95
<b>FEATURE</b>	SWEDISH MEATBALLS WITH POTATO, VEG. & ROLL	\$5.51
<b>FEATURE</b>	BAKED POTATO WITH BROCCOLI N CHEDDAR (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

## WEDNESDAY SEPTEMBER 13

<b>GRILL</b>	TACO IN A BAG	\$3.50
<b>LOWFAT</b>	ITALIAN ROTINI SALAD WITH 2 CHEESE BREADS	\$4.90
<b>FEATURE</b>	CHICKEN FRIED STEAK WITH VEG, POTATO AND ROLL	\$5.51
<b>FEATURE</b>		

## THURSDAY, SEPTEMBER 14

<b>GRILL</b>	FLEISCHKEUCHLE @ \$2.75..... WITH PASTA	\$3.40
<b>LOWFAT</b>	VEGGIE PIZZA BAGEL HALF	\$1.65
<b>FEATURE</b>	BAKED CHICKEN ON RICE WITH VEG. & ROLL	\$5.51
<b>FEATURE</b>	LAZY PIGS HOTDISH WITH VEG., & ROLL	\$4.90
<b>FEATURE</b>	BAKED POTATO WITH BUTTERBLEND (EXTRA TOPPINGS AVAILABLE: 25c EACH)	\$1.75

## FRIDAY, SEPTEMBER 15

<b>GRILL</b>	CHICKEN STRIPS WITH POTATOES	\$5.51
<b>LOWFAT</b>	TUNA SALAD (NOFAT MAYO) ON HEALTHY CHOICE BREAD	\$2.95
<b>FEATURE</b>	BAKED COD WITH POTATO, VEG. ROLL	\$5.51

## DAILY SPECIALS

**FRENCH FRIES ARE \$1.40 OR \$1.00 WITH A SANDWICH**

*** GRILLED CHICKEN ***			\$2.95
HOT BEEF SANDWICH			\$4.90
ROAST BEEF DINNER			\$5.14
SALAD BAR			\$1.90
CHILI	CUP \$1.50	BOWL	\$2.50
SOUP	CUP \$1.45	BOWL	\$2.29



**CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.**  
**BREAKFAST: 7:00 - 10:30**  
**LUNCH: 10:30 - 1:30**

